



OPEN HOUSE: Thursday, November 12, 2015

3 PM - 7PM

AGENDA FOR THE EVENING:

3:00-3:30pm Welcome!! Free time to explore and get acquainted.

3:30-4:30pm "Brain Fitness"- Bob Best, Executive Director at Oak Hill Terrace, shares fun ways to keep your brain sharp!

4:30-5:30pm Time to browse our exhibits, relax and enjoy the sights and sounds of the evening!

5:30-6:30pm "Honoring Choices" Advance-directive planning with Lee Clay, RN Community Health Education Coordinator, ADRC.

6:30-7:00pm Last chance to visit our exhibits and take advantage of the evening's offerings!

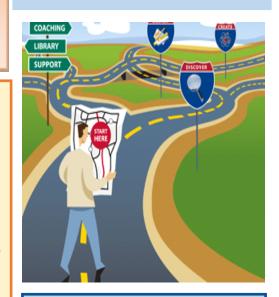
Special complimentary services being offered:

- Laughter Yoga- Beth Boeck, MSW, LCSW
- Therapeutic Touch- Jacqui Weber, MS
- **Technology Assistance** Arrowhead HS National Honor Society Students (bring your phones and tablets!)
- Hand Massage Sue Walton, LMT
- Blood Pressure/Glucose/Cholesterol Screening Waukesha Co.
 Public Health Nurses
 - There is no fee or registration required to attend this event; join us at your leisure! Refreshments provided.
 - Relaxing harp music provided by Dorothy Walsh,
 Harpist, Milwaukee Public Theater (UPAF).

Off-site adult respite care will be available with advance notice.

Please call the ADRC 262-548-7848 to make respite arrangements.

Caregiving is a journey. Let the ADRC help you prepare!



Some of the exhibitors who will be on hand to help you plan your journey:

Alzheimer's Association

The Caregiver Connection

The Caring Place

Curative Care Network

Donna Lexa Art Centers

Interfaith Senior Programs

Mindworks

ProHealth Care

SPARK!AIR

YMCA

ADRC Caregiver Intermission

ADRC Dementia Care Specialist

ADRC Elder Benefit Specialist

ADRC of Waukesha County

514 Riverview Ave

Waukesha, WI 53188

262-548-7848